

Her baby carriage resides in Shelby Co. Historical Museum -

Alpha Gray’s amazing family life as Harlan’s first recorded birth in 1858

By the late Ray Buman and his son, Michael Ray Buman, a longtime volunteer of the Shelby Co. Historical Museum, stumbled upon the story of Alpha Ama Gray and spent countless hours tracking down her family lineage and traveled to Logan, KS, to see the family’s museum. Ray said with each new doorway he opened he found more fascinating facts about her family and her children’s future successes. Buman, 87, died Sunday, Oct. 6 at his home in Harlan.

HARLAN - The first child ever born in Harlan was Alpha Ama Gray, named by her father in recognition of her special status. Harlan was officially platted on April 14, 1858 and Alpha was born later the same year on November 28. She was the third child born to William Gray - an Englishman - and Nancy Hoover, who had moved westward to Iowa from Ohio after her marriage there.



Ray Buman



Alpha (Gray) Hansen’s baby buggy is on display at the Shelby County Historical Museum.

Her mother, Nancy Hoover, was a distant cousin of former President Herbert Hoover. Alpha’s father, William, died when she was two, and a couple of years later her mother, Nancy, married a widower - Abram Troup - with several children of his own.

Moved from Iowa to Kansas at the age of 15
The new family remained in the Harlan area until the westward pioneer spirit called them to move to Kansas in a pair of covered wagons with Alpha, was one of

seven or eight children made the trip. The family arrived in Phillips County, Kansas, on May 1, 1874 and recorded in a diary that they “shot a buffalo” from a small herd and dined on its meat that evening. They settled shortly thereafter in the area of that campsite and remained. During the time her family settled, wild game including buffalo, deer, antelope, turkeys, and others were abundant, and Plains Indians traversed the area every winter during tribal migrations. Alpha was employed for several three-month terms as a school teacher near Kirwin, KS, before moving to the new town of Logan, KS (current population 547 in north central Kansas)) to accept a one-year teaching position, becoming the fifth teacher to serve the still-young community.



Alpha (Gray) Hansen

Future husband, Peter Hansen
During that time, Alpha received a visit at the school from a school board member, Peter Hansen, who had the temerity to walk in barefoot, which, she stated in her later years, “did NOT impress her.” She evidently found reason to overlook the social gaff because after her year was up she left teaching and joined Peter in marriage. Peter was a Danish immigrant born in 1846, who had come to the U.S. He was credited as being one of the founders of Logan, having arrived in 1872. Alpha’s new husband was already a successful businessman, founding and operating several businesses over the years until his death in 1925. Sometime during this same time period Alpha became the first milliner (hat and bonnet maker) in Logan. Alpha Ama Gray (Hansen) died in 1957 at the age of 97, with the distinction of being the then-oldest resident of Logan, KS.

SEE PAGE 3 - Hansen

Historical footprints of Alpha (Gray) Hansen

- **Father, William Gray** - a scribe for the Iowa Legislature and reportedly was the first to write out the Iowa Constitution.
- **Mother, Nancy (Hoover) Gray** - was a distant cousin of former President and Iowan Herbert Hoover.
- **Alpha (Gray) Hansen** - first child born in Harlan on Nov. 28, 1858; at the age of 15 took a covered wagon to Kansas; a school teacher and first milliner (hat and bonnet maker) in Logan, KS.
- **Husband, Peter Hansen** - Danish immigrant, successful businessman/entrepreneur in Logan, KS.
- **Daughter, Kate I. Hansen** - Phi Beta Kappa at Kansas Univ., missionary in Japan, acting president of Japan’s Miyagi College for 44 years, given one of Japan’s highest honors the 4th Order of the Sacred Treasure for her work in women’s education.
- **Son, Dane Hansen** - remained in Logan as a successful businessman, oil magnate and entrepreneur, trusted friend of Pres. Eisenhower, memorialized in a city block Memorial Plaza and Hansen family museum in Logan. His foundation has given away more than \$25 million in scholarships to 6,500 students.



Tiny Smith recalls the Cozy Theatre

c. 1930-40s. This postcard of the South side of Harlan's downtown square has some great history. From left, The Golden Rule department store (now vacant formerly Harlan Sewing and Jeronimos); Wiggs 5 & 10 (now vacant formerly Gambles, Ben Franklin, True Value Hardware, Fair 'n Square consignment, it was recently purchased by Shawn and Tanya Jorgensen. Earl May Nursery (formerly The Mustard Seed, now Alpha Omega Floors & Remodeling and the Cozy Theatre (formerly offices for Dr. Jos. Spearing and now Shuji Noda Dental office).

Former employee, Tiny (Rossen) Smith, Panama, said of her time working at the Cozy Theatre. "I went to work at the Cozy in 1946 when I was 14 years-old. Ray Brown was the owner of both the Cozy and Harlan Theatres and his son-in-law Jamie Booth was the manager of both theatres."

"The Cozy was open three days a week on Saturday, Sunday and Monday and showed mostly Western movies like Roy Rogers and short movies like the Three Stooges and cartoons."

"Admission cost only 12 cents for kids up to eighth grade, 50 centers for high school and adults. Back then I made \$7 a week, but I'd get in free to all the movies."

"Randy Lytle was one of the ticket takers and Jim Noble popped pop corn for 10¢ a bag. I don't recall when it officially open or closed but I worked their until 1949."

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Alpha's husband, Peter Hansen



Peter Hansen

Continued from Page 1

Nowhere in the world but in America could a success story be told such as the one about the Hansen family of Logan, KS.

Peter Hansen, Alpha's husband, was born in Denmark in 1846, and fled to the U.S. when a young man because he was unwilling to serve in the German Army which had conquered Denmark and ruled Schleswig.

He came to America in 1864 to carve out a living for himself. He came to the Logan, KS, area in 1872 and he and his descendants have been in continuous business in Logan ever since.

When he came, he brought cottonwood lumber to put a roof and door on his dugout on his land claim six miles west of Logan in Norton County. He went into the cattle business in the fall of 1872 and most of the 125 head of cattle were lost in the April 14 Easter blizzard of 1873. Interestingly, a Plaza in Logan was dedicated on the heels of a blizzard on April 8, 1973 - 100 years later.

Arrived in Logan

In 1874 when Hansen arrived in Logan, he realized that if settlers were to come and build homes, they must have lumber. He built a saw mill on the north branch of the Solomon River, Logan's first industry.

He purchased six acres of land for \$15 from Ben Darling, a buffalo hunter who was Logan's first settler.

Later he built another saw mill near Marvin (Glade) and these two mills were a boon to the settlers. He eventually converted the saw mill to a flour mill in 1876 and wheat to be ground was brought from as far away as 180 miles.

Peter sold his flour mill in 1896 and purchased a general store four years later - Hansen's - which Alpha remained in active partnership with until it closed during the Depression in 1932.

He was also largely responsible for the railroad being brought to Logan in 1880, and shortly after he sold the merchandise store to his son, Dane in 1896, while he remained in the flour business. After the general store was sold, his son Dane moved his office to the

lumber yard. The store gave Logan it's first real start as a trading center. The lumber yard corporation was dissolved in 1965.

At the first election held in Norton County, Hansen was elected County Commissioner and was treasurer of the first association.

Family history records show Alpha and Peter were charter members of the Alpha Chapter of the Eastern Star, which was so named in her honor.

Six children

They were the parents of six children - Kate, George (moved West), Dane and Alpha (married and resided in the area), and two others who died in infancy. Peter and his sons were all Knights Templar.

In 1893, Alpha and her husband visited his native Denmark for a year, with her children attending village school while they were overseas, as recorded in their then 14-year-old daughter Kate's diary. That diary is now in the Kate Hansen Collection at the Spencer Collections Library at the University of Kansas.

In 1917, Peter organized and built the Hansen Lumber Company. He continued in that business until his death in 1925 but the business remained open until 1965.

Insights from author Ray Buman and his son Michael

"In 2012, I read a note written by Don Blakely. The note was given to the Shelby County Historical Museum. Blakely wrote that he had received word from a business acquaintance that a Mrs. Alpha Hansen had died March 20, 1957 at age 98 years, in Logan, KS -- she was the first child born in the city of Harlan in the year 1858," Ray Buman said.

Ray began his research and learned that Alpha lived her life in Logan, KS and made plans to visit there on his next drive to his winter home in Arizona.

On Feb. 11, 2013, Ray and wife, Marian, arrived in Logan and based on his prior research had learned that Alpha Hansen's son, Dane, had financed the construction of a beautiful city block plaza and museum Logan known as "The Dane G. Hansen Museum and Memorial Plaza." Hansen's endowment was large enough that it is assumed that the museum will have necessary funds to continue long into the future.

Ray and Marian spent most of the day at the museum and employees treated them almost like royalty. Not only did they spend time viewing the artifacts, collections and photos from all over the world, but they also spent time visiting with personnel at the museum about the family.

Most of this report is from documents given to Ray and made from conversations with the staff. They gave Ray permission to take all the photos he desired and to use any of the information he received!

Ray's son, Michael, reported that Ray had wanted to return again for another visit and to write this report. Health problems did not allow for either. Becoming fully aware of that, Ray asked his eldest son, Michael, to prepare these documents, using the stacks of information and photos presented by Ray to him. Ray Buman, Feb. 13, 2019



Ray Buman

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(not the one with baby footprints)
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- Most recent U.S. Citizenship and
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or refugee document

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- Social security card
- W-2 or 1099
(must show your **entire** social
security number)

Proofs of residency Two items showing your name and address where you live

- Utility bill
- Bank or credit card statement
- Pay stub
- Piece of postmarked mail
- Find other examples online

Proof of any legal name changes Any of the following if applicable

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- Divorce decree indicating a
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- Court order under petition
for name change



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Look back at EARLING

Prime of **LIFE**

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Kate Hansen, Alpha's daughter

Kate Ingeborg Hansen, the daughter of Alpha and Peter Hansen, was born July 4, 1879, one of the first children born in Logan, KS. She graduated from Beloit High School because Logan did not have a high school at the time.

She graduated from the Univ. of Kansas in 1905 with a Phi Beta Kappa and taught in Denver before volunteering for missionary service in Japan in 1907.

She was also music instructor in Japan, and at intervals, the acting president of Miyagi College for a period spanning 44 years.

Kate established the Conservatory of Music and served as its Dean at the same time that her colleague, Lydia Lindsey, was organizing the English department. An outstanding pianist and received her Ph.D. in piano and composition from Chicago Musical College.

Upon their retirement to Logan in 1951, Dr. Hansen and friend, Miss Lindsey, were given one of Japan's highest honors when the Emperor of Japan conferred on each of them a Citation, and the 4th Order of the Sacred Treasure for outstanding work in women's education.

Both were honored in 1955 by being given the Univ. of Kansas Distinguished Service Citation. When Kate died in 1968, she and Lydia had lived together for 67 years. Lydia died in 1971 in Arkansas City.



Kate Hansen

Dan Hansen, Alpha's equally successful son

Dane Gray Hansen, the son of Alpha and Peteren Hansen, was born Jan. 6, 1883 in Logan, KS. and his life work is encompassed in the community's one city block Hansen Plaza. He was a lifelong resident of Logan who maintained a deep faith in - and love for western Kansas.

He was a widely respected business leader and philanthropist. His varied business interests included oil development, road construction, banking, lumber and farming.

Dane was a graduate of St. Joseph (MO) Business College and began his business career in 1905 with his parents in their mercantile store and raised mules on his ranch which he sold to the government for use in the cavalry in World War I.

In the late 1920's the mules were used for road construction, and this ultimately developed into Logan's biggest single industry, employing 200 men in peak seasons.

Oil discovered south of Logan

With the discovery of oil south of Logan in 1941, he went into oil development and he was among the largest independent operators in the state.

President Dwight Eisenhower, a personal friend, named Dane as a member of the President's Commission on

Inter-government Relations in 1954-1955, and he was also a vice-president of the Board of Trustees of The Eisenhower Foundation.

Dane loved children and had a deep interest in young people. This interest led to his providing for the establishment of the Dane G. Hansen Boy Scout Reservation at Kirwin Reservoir, and providing a scholarship at the Univ. of Kansas for a graduate of Logan High School.

Before his death on his 82nd birthday, Jan. 6, 1965, he had set up a family trust and a foundation

His Foundation has awarded approximately \$25 million in scholarships to more than 6,500 students from North-west Kansas.



Dane Hansen



SEE PAGE 14 - for more on the Hansen Plaza

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Home-Delivered Meal Program is here to help, volunteers welcome

HARLAN - The Harlan Senior Center, which is also affiliated with Connections Area Agency on Aging, is located inside the C.G. Therkildsen Activity Center, and is in charge of maintaining and offering the home-delivered meal service to Harlan residents.

If you are interested in this service please contact the Harlan Senior Center at 755-2757 to begin the process of setting up meal delivery providing you are eligible for home delivered meals.

The option to visit the Senior Center, if you are able, is encouraged and it allows you to enjoy a meal with friends and take part in various activities and take advantage of community resources.

The Connections Area Agency on Aging is committed to continuing this vital service in Harlan and they offer their full support to the Senior Center. They also wish to thank the many valuable volunteers who help deliver the home delivered meals locally.

How to apply

Application and registration forms for the Home Delivered Meal Program are available through the Harlan Senior Center, Myrtue Medical Center, your doctor, or Home and Public Health.

Guidelines for the Home Delivered Meal Program

1. Call them at the senior center 755-2757 to request meal delivery.
2. Reservations / cancellations are required by 11:30 a.m. the day prior.
3. Microwave/oven packaged and sealed meals are delivered.
4. All meals are low sodium and diabetic friendly and include skim milk.
5. You will receive a monthly menu to review your choices.
7. Frozen meals are available for those that qualify for additional or week-end meals.

DELIVERY TIMES

Meals are delivered Monday thru Friday

No meal deliveries on Fourth of July, Labor Day, Memorial Day, Thanksgiving, Christmas or New Year's Day.

Meals are delivered by volunteers from Harlan churches, schools and businesses. Suggested contribution is \$3.75 per meal, a contribution statement is mailed to each participant.



The program is based out of the Therkildsen's Center's Senior Center.



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Volunteer Verne and Ilene Nelson, Immanuel Lutheran Church are one of many local volunteers who provide daily meals and an inspiration to those they are delivering meals to in Harlan.

Currently there are two routes with a total of 10-11 stops per hot meal delivery, if you are interested in delivering for the Home-Delivered Meal program please call 755-2757.

Volunteers needed for the month of December

No deliveries on Dec. 24/25 & Dec. 31 / Jan. 1



Volunteers are a critical component to the weekly home delivered meal program, including Shelby County State Bank's Joan Gubbels and Randy Coenen.

They are one of several local gorups who volunteer their time and staff for this local cause.

ELIGIBILITY REQUIREMENTS

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Are expired medications still safe?



It is 2 a.m. and that cough and stuffy nose you have been battling is still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the dates when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of the medication.

Since 1979, drug manufacturers have been required by the Food and Drug Administration to stamp an expiration date on their products. This is the date until which the manufacturer can still guarantee full potency of the drug.

Therefore, most drug manufacturers will not do long-term testing on products to confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted their own studies with the help of the FDA. FDA researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date — some for more than 10 years.

Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.

Although a pharmacist cannot legally advise consumers to use medication past an expiration date, most over-the-counter pain relievers and drugs in pill form should still be fine. Certain liquid antibiotics and drugs made up of organic materials can expire faster than others. For those who still want to err on the safe side, routinely clean out medications from cabinets once they expire. However, if an expired medication is taken by mistake, there's little need to worry about potentially adverse effects.

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Four decades of making a difference: Elm Crest's Patti Kumm



HARLAN - During her 43-year career at Elm Crest, Harlan, Kumm has seen many changes - not only in the business office but throughout the entire retirement community.

"When I started at Elm Crest in 1976 the Health Care Center was on the third floor and we worked without air-conditioning on those hot Iowa days. At that time all the accounting, payroll statements and time cards were done by hand using pen and paper.

"I played a major part in completing that work and staff always said I was a "perfectionist" and had the best penmanship in the community. Despite the work being done by hand, we still had to keep track of details and meet all the deadlines. Today that same work is done with computers and is almost completely paperless."

Over the past 40 years she has played an active role in two major construction projects, handling the transition team notes and assisting with communications throughout construction projects.

However, her involvement hasn't just been in the business office. She's worked as the chair of the annual Soup Supper that the Auxiliary group has hosted for many years. In addition, she has been Chair of the local Alzheimer's Walk, which is a role very dear to my heart.

Her husband Darold's mother suffered from Alzheimers, as a result she has a strong connection to the Memory Care residents at Elm Crest, and she wants to do everything possible to find new ways to help with this disease.

After more than four decades at Elm Crest what remains most important to Patti is the quality of care they provide, including the institution's Christian principles and the staff's dedication to the residents.

"I have enjoyed working at Elm Crest - it's truly been the experience of a lifetime," she said.

featured in Life at Elm Crest, winter 2019



Elm Crest four-decade employee Patti Kumm

Elm Crest Health Center recognized for healthcare quality by National Nursing Home Quality Care Collaborative

Elm Crest Health Center has once again been named to the Iowa National Nursing Home Quality Care Collaborative Honor Roll to recognize its performance on the Nursing Home Compare long-stay quality measures. Nursing homes on Nursing Home Quality Collaborative Honor Roll have achieved a quality measure composite score of six or less for at least one quarter, which has aligned with the top 10 percent of nursing homes in the U.S.

"Nursing homes on the Iowa National Nursing Home Quality Care Collaborative Honor Roll have demonstrated a focus on safety and quality," said Deanna Curry, Telligen Quality Innovation Network-Quality Improvement Organization (QIN-QIO) quality improvement manager. "We applaud the hard work of Elm Crest and its commitment to its residents and staff to provide excellent long-term care."

The National Nursing Home Quality Care Collaborative (NNHQCC), led by the Centers for Medicare & Medicaid Services (CMS) and QIN-QIOs, launched in April 2015 with the mission to improve care for the 1.4 million nursing home residents across the United States.



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One hour program that helps adults take greater control of their health by encouraging physical activity and offer social events. Taught by a certified fitness instructor.

Silver Sneakers® - Muscular Strength & Range of Motion
10:05 am on Tuesday, Thursday
Have fun and move to music in this 1 hour class through a variety of exercises, designed to increase muscular strength, range of motion and activities for daily living. A chair is used for seated and standing support. Taught by a certified SilverSneakers instructor.

Sit & Be Fit - 10:45 am on Wednesday
Thirty-minute class instructed from a chair designed for beginners, seniors, or individuals with limited physical conditions.

Facility Hours:
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Sunday.....11 am - 7 pm

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Sunday.....noon - 6 pm



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Don't be misled by false Medicare or Social Security ads

By Chris Woods
Social Security Operations Supervisor in Council Bluffs, IA

With millions of people relying on Social Security, scammers target audiences who are looking for program and benefit information.

The law that addresses misleading Social Security and Medicare advertising prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare).

People are often misled by advertisers who use the terms "Social Security" or "Medicare". Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge.

These services include getting:

- A corrected Social Security card showing a person's married name;
- A Social Security card to replace a lost card;
- A Social Security Statement; and
- A Social Security number for a child.

If you receive misleading information about Social Security, send the complete ad, including the envelope, to: Office of the Inspector General Fraud Hotline Social Security Administration, P.O. Box 17768, Baltimore, MD 21235



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Harlan Senior Center Activity Calendar

**Therkildsen Activity Center
& Harlan Senior Center**
706 Victoria, Harlan, 755-2757
www.cityofharlan.com/ActivityCenter.htm

Senior Center Hours 8:30 am - 2 pm
Mondays & Friday - crafts/quilts -- held at 9:30 am
Wednesday -- bingo at 1 pm

Monday - Friday meals served at noon (except holidays and other special dates, call to confirm) • Call the day before to register

Check us out on FACEBOOK/Harlan Senior Center for Programs



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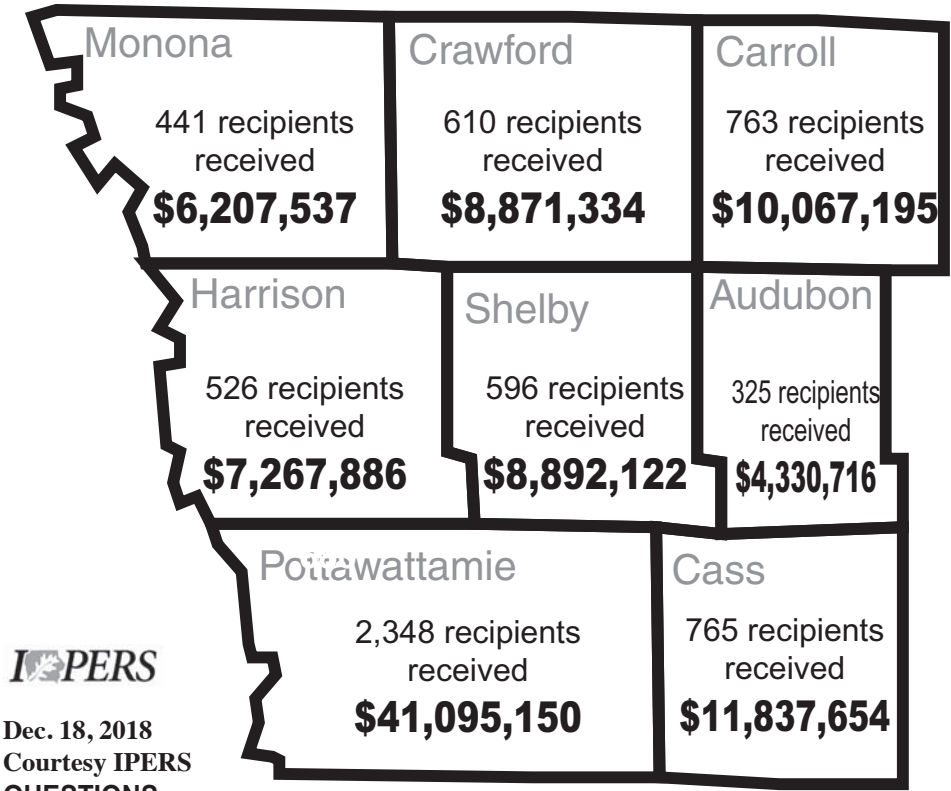
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or email: info@ipers.org

Social Security Help For Those Nearing Retirement

SOCIAL SECURITY TOOLS

A good place to start is socialsecurity.gov and click on the “Retirement” tab at the top of the page and access their retirement planner tools.

Or, if you would rather have face-to-face assistance, you should call below and schedule an appointment to visit with a nearby claims representative.

CARROLL Office
818 Bella Vista Dr F
Carroll, IA 51401
(800) 772-1213 for appointment

Co. Bluff Office
20 Arena Way #1,
Council Bluffs, IA 51501
(866) 331-9094

The Social Security Administration also offers a bevy of free publications (see ssa.gov/pubs) that you can have mailed directly to you. “Retirement Benefits,” “When To Start Receiving Retirement Benefits” and “How Work Affects Your Benefits” are three popular publications for those nearing retirement.

OTHER RESOURCES

“Social Security Claiming Guide” which is published by the Center for Retirement Research at Boston College. This easy-to-read 24-page guide sorts through all the options and frequently asked questions (socialsecurityclaimingguide.info).

“When to Take Social Security Benefits: Questions to Consider” (whentotakesocialsecurity.info). Offered by the National Academy of Social Insurance, this 16-page booklet uses a question-and-answer format to guide you through the key issues. To get a free hardcopy mailed to you, call 202-452-8097.

Angels Care Home Health provides - Tips for managing pain as you age

If you have suffered from pain for several months or longer, you are among the millions of Americans with a condition known as chronic pain. Despite decades of research, chronic pain remains complex and difficult to treat.

Chronic pain can be so debilitating that it disrupts daily activities, such as eating and sleeping, causes anxiety and depression, and compromises quality of



life. Since chronic pain grows more prevalent with age, seniors and the elderly are especially at risk.

Nearly 50 million Americans have chronic pain, according to the American Pain Foundation. Sometimes the pain is caused by a specific injury or surgical incision that has long since healed, other times there may be no apparent reason for the pain.

However, many cases of chronic pain are related to these 7 conditions: Low back pain, arthritis (especially osteoarthritis), headache, multiple sclerosis, fibromyalgia, shingles, and nerve damage.

The good news is that chronic pain can be managed successfully. There are a variety of treatments available. Some treatments come in the form of prescription medicines that you can get from your doctor, others can be found over-the-counter. And then there are some treatments that don't involve pharmaceuticals at all.

Understanding you

Angels Care Home Health understands the importance of managing pain and provides the following tips and information about the various ways to manage pain in the hopes that if you or someone you love is suffering, you will have a better understanding of some of the pain relief options available to you to discuss with your healthcare provider.

Prescription Medicines

There are four main types of prescription pain relievers used to treat pain, including:

- **Corticosteroids.** Treat swelling, redness, itching, and allergic reactions; may be prescribed for allergies, asthma, or arthritis.
- **Opioids (Narcotics).** Treat acute pain such as short-term pain after surgery.
- **Antidepressants.** Treat chronic headaches like migraines.
- **Anticonvulsants.** Treat nerve pain-related conditions like fibromyalgia and peripheral neuropathy.

Over-The-Counter Medicines

Some common over-the-counter medicines that can provide relief from your pain include:

- **Acetaminophen (Tylenol).** Relieves fever and aches; recommended for arthritis pain.
- **Nonsteroidal anti-inflammatory drugs (NSAIDs).** Include aspirin, naproxen, and ibuprofen; treat the pain, inflammation, and swelling related to rheumatoid arthritis.

Issues grow as we age

As people age, they are at risk for developing more serious side effects from medication. Due to this risk, it is important to take exactly the amount of pain medicine your doctor prescribes.

Also, mixing any pain medication with alcohol or other drugs, such as tranquilizers, can be dangerous. Make sure your doctor knows all the medicines you take, including prescription drugs, over-the-counter

drugs and herbal supplements, as well as the amount of alcohol you drink.

Non-Pharmaceutical Pain Treatments

In addition to drugs, it may take both medicine and other treatments to feel better. There are a variety of complementary and alternative approaches that may provide relief from pain, such as:

- **Acupuncture.** Uses hair-thin needles to stimulate specific points on the body to relieve pain.
- **Biofeedback.** Helps you learn to control your heart rate, blood pressure and muscle tension. This may help reduce your pain and stress level.
- **Electrical nerve stimulation.** Uses electrical impulses in order to relieve pain.
- **Massage therapy.** Can release tension in tight muscles.
- **Physical therapy.** Uses a variety of techniques to help manage everyday activities with less pain and teaches you ways to improve flexibility and strength.

Helping Yourself

If you're living with chronic pain, you want to do everything you can to help

your body, not hinder it. Aside from medications, there are other things you can do yourself that might help you feel better, including.

- Eating a well-balanced diet
- Maintaining a healthy weight
- Keeping moving & getting enough sleep
- Joining a pain support group
- Seeing a pain specialist
- Avoid tobacco, caffeine, and alcohol
- Keeping a pain journal

Overall, knowing and understanding the medications you're taking, what they can do for you, and their side effects, plus educating yourself about other treatment options is your goal to helping you have a normal mood and activity level and work towards managing your pain. Most important is to be proactive and discuss all options with your physician. Be proactive, ask questions and look for answers.

Want to learn more, contact Angels Care Home Health today for more information about its Pain Management Program, community education classes or to discuss the benefits of home health service at 712-263-2266 or visit angels-carehealth.com.

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The Angels Care Pain Management Program educates patients and families about:

- Different types of pain and possible causes
- How to track pain/use a pain rating scale
- How to identify trends/triggers of pain
- How to set and achieve realistic goals for pain control
- The difference between addiction, physical dependence and tolerance
- Lifestyle changes and Self-Management strategies
- What to do if pain is not adequately controlled

Contact Angels Care today to learn more about our Pain Management Program, Community Classroom education and the benefits of Home Care!



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Nearing age 65 ?

Medicare rules and guidelines explained

By *Judy Franklin*
Social Security District Manager in Council Bluffs, IA

Social Security and Medicare have a few things in common. Both programs help safeguard millions of Americans as well as improve the quality of life for our family and friends. Although both programs are household names, many people may not be familiar with the details of Medicare.

Medicare is our country’s health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn’t cover all medical expenses or the cost of most long-term care. You have choices for how you get Medicare coverage. If you choose to have original Medicare coverage, you can buy a Medicare supplement policy (called Medigap) from a private insurance company to cover some of the costs that Medicare does not.

- Medicare has four parts:
- **Medicare Part A (hospital insurance)** helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care.
 - **Medicare Part B (medical insurance)** helps pay for services from doctors and other health care providers, outpatient care, home health care,

- durable medical equipment, and some preventive services.
- **Medicare Part C (Medicare Advantage)** includes all benefits and services covered under Part A and Part B. Some plans include Medicare prescription drug coverage (Medicare Part D) and other extra benefits and services.
 - **Medicare Part D (Medicare prescription drug coverage)** helps cover the cost of prescription drugs. Some people with limited resources and income may also be able to get Extra Help with the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. You must meet the resources and income requirement.

Want to learn more

Learn more about Medicare’s different parts are further explained in our publication at socialsecurity.gov/pubs/EN-05-10043.pdf.

If you can’t afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs may pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have Medicare Part A and have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at socialsecurity.gov/benefits/medicare.



TAX Alert

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Commanders Club

With Commanders Club Coordinator,
LaVonne Robinson



Upcoming Commander Club Events

November 3-6, 2019: Branson with Lana.

December 11, 2019: Christmas trip to LeMars Brown Family Theater, noon dinner and play called “Innkeeper’s Wife” with a couple other fun stops included.

December 18, 2019: Christmas Dinner, 5:30 p.m. at Harlan Golf & Country Club, with Rick Powell entertaining.

April 16, 2020: Lion King, Omaha, details to come.

August 13-23, 2020: Oberammergau Germany and the Passion Play, includes a river barge cruise with Mayflower Travel. Lana Henningsen is coordinating this trip; we are waiting for brochures. Contact Lana directly 712-263-1324.

September 2020: Iceland

As details/prices come available, we will print brochures and get information out to you. Please give us a call if you have interest in any of these trips.

Don’t forget Movie Day: 2nd Tuesday each month – coffee & rolls 8:30 am, movie 9:00 am, Harlan Theater.

Tickets can be purchased in advance at any SCSB office (by the Friday before the movie) for \$2, or purchased at the door for \$3.

Contact LaVonne at the Shelby Branch
712-544-2626 for more specific trip information



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Floral Hall dates back to 1890, nearly destroyed but saved

HARLAN - The Shelby Co. Agricultural Society hosted the first Shelby County Fair in 1869. The Agricultural Society held the fair over two autumn days in the old brick schoolhouse located where the Methodist Church currently stands, according to Ed White in *History of Shelby County, Iowa*.

Among the first premiums awarded at the fair was an award of “best design for a farmhouse” to Emma Potter. Other prizes in early fairs included “best farm” in several categories, taking into account the condition of the soil, freedom from weeds, buildings, and other improvements to the land.

Prepare for visiting elder guests

Mobility and comfort needs for seniors may differ those necessary to accommodate other guests. Meeting the needs of senior guests may involve any of the following.

- Make sure pathways leading to and from the home are level, cleared and easy to see.
- If possible, add a ramp over stairs that lead to the front door. Ensure handrails are sturdy.
- Remove clutter and excess furniture if a guest visiting will be using a walker or a manual/motorized wheelchair.
- Remove accent rugs from a home, and be sure that any mats are secured with nonslip material, lighting in entry ways, staircases and hallways, especially areas leading to kitchens or bathrooms.
- If guests will be staying overnight, arrange sleeping accommodations on the first floor and/or in a room closest to the bathroom.
- Well-placed grab bars in the bathroom can be an asset. See if you can borrow a portable shower seat to make bathing or showering easier for overnight senior guests.
- For long-term guests, consider replacing round doorknobs and other pulls with lever-action ones that are easy to grab.
- Concessions may need to be made concerning interior temperature, noise levels and television viewing.

#82 Keep your eye on what matters most.



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Prime of **LIFE**

Friday, **Oct. 18, 2019** | Page 13

Before the purchase of the current fairgrounds, the Agricultural Society hosted the first fairs in various places around town, originally near the Methodist Episcopal Church two blocks east of the square. Before building a track, the Agricultural Society mowed a track into the grass for horse races. In 1879, the Shelby County Agricultural Society purchased the current location of the fairgrounds. The *Harlan Tribune* reported that same year, on October 8, that the fair was a grand success. Crowds filled the exhibition halls. *The Tribune* declared that the Shelby County Fair “will eclipse all competitors hereafter in the fair business.”

The current Floral Hall completed construction in 1890 in “apple pie order” according to the *Harlan Republican*, published August 21, 1890. Jacob Walters, a Pennsylvania-native who moved to the Shelby County area in 1878, designed the uniquely plus-shaped building. Construction of Floral Hall originally cost less than \$500 to build in 1890, about \$14,000 in 2018 dollars.

According to reports, the 1890 fair was “the most successful exhibition ever given by the society” and the new Floral Hall was “better than ever before,” filled with “fancy work, canned fruits, and other articles or household production” (*Shelby County Republican*).


Removal planned in 1984

When, in 1984, the fair board slated Floral Hall for destruction, the Shelby County Historical Society reached out to the Shelby County Fair Association to save the building and preserve its historic value. Thelma Heflin headed the effort to save the building. As part of their efforts to save the building, the Historical Society was able to have the building named to the National Register of Historic Places. Thanks to numerous donations and generous grants, the Historical Society completed restorations to the 96-year-old building in 1986 with the help of over 50 volunteers.

As of this year, Floral Hall has been a part of the Shelby County Fair for 129 years.

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The Dane G. Hansen Memorial Plaza and Museum

The Dane G. Hansen Memorial Plaza was conceived by the Trustees of the Dane G. Hansen Foundation as a means of memorializing the Hansen family in a way that would give Logan, KS, and the area new cultural and social opportunities.



The Foundation made a tremendous community improvement when it purchased and razed an entire square block of mostly unoccupied business buildings in downtown Logan to make room for the Memorial Plaza. The five-year project was completed in 1972 and deeded to the City of Logan. The Plaza was officially dedicated on April 10, 1973.

The Plaza is a square-block area centered around a multipurpose building surrounded by beautiful landscaping.

Scholarships - The Foundation awards approximately 300 new scholarships every year. Since inception the Foundation has awarded approximately \$25 million in scholarships to more than 6,500 students from Northwest Kansas. Scholarships cover a variety of student needs, including high school seniors heading to traditional four-year universities, community colleges or technical schools. Scholarships are also available for students graduating from 2-year programs and transferring to 4-year schools.

The **Museum** contains early American and foreign coins, European and Western guns, Mr. Hansen's office, the Hansen family biography, Oriental art collected by Dane's sister, Kate Hansen, and art objects purchased by the Museum Association. The Museum gallery hosts monthly "Artist of the Month" displays and fabulous traveling exhibits from near and far.

The **Museum Association** holds memberships with the Smithsonian Institution, the American Association of Museums, the Association of Community Arts Agen-

cies of Kansas, Kansas Museum Association, Travel Industry Association of Kansas, American Craft Council, and the Northwest Kansas Travel Council.

The Museum offers modest annual memberships which may entitle members to discounts on any number of continuing education classes.

PERFORMING ARTS... The Museum brings quality performing arts to our local schools and surrounding communities.

ARTS & CRAFTS... Annually, on the third Saturday of August, artists and crafters fill the Plaza lawn for the Hansen Arts and Crafts Fair which began in 1973. A variety of performers thrill the crowd with an exhilarating array of entertainment. There are children's activities and a choice of festival foods throughout the day. Future "Artist of the Month" winners are selected on each fair date.

LABOR DAY CELEBRATION... Every Labor Day Sunday, the fireworks flare and the fun flows at the Logan Golf Course during the Annual Music and Fireworks Festival.



learn more at <https://danehansenfoundation.org>

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The Harlan Senior Center, 706 Victoria, is open Monday - Friday, to all residents age 60 and over for services and information resources.

Harlan Senior Center is one of 50 Iowa senior centers in 20 counties operated by Connections Area Agency on Aging.

Noon Meals at the Center:
Each day, the Harlan Senior Center serves a hot, delicious, and nutritious meal. The meal is available to any senior (age 60 and over) at the suggested contribution rate of \$3.50. Spouses of seniors who are not yet 60 may also receive a meal at the suggested contribution rate.

All meals are served at noon, Mon., thru Fri., and reservations are required (755-2757).

ALSO - Reservations must be made by 11 a.m. on the day prior to the day that you wish to attend.

Persons under 60 years of age may eat at the Harlan Senior

Take a break from your day and enjoy a a great luncheon, pool or bingo. To learn more about the senior center call 755-2757.

Center at a cost of \$6.50 paid to the manager. There are no regular evening meals on the dining schedule.

Meals Delivered:
Home delivered meals (suggested payment \$3.75) for those who are confined to their home, or who would have difficulty getting to the Senior Center for the noon meal. Arrangements can be coordinated for home delivered meals by calling the Center.

Craft & Quilting:
Every Monday and Friday morning experience quilting and crafting adventures. They have sewn over 200 quilts for Omaha’s Open Door Mission and have crafted dozens of activity bags for children who are visiting the Veterans Hospital, Omaha. The group also does a variety of other crafts such as small bags as well as Christmas stockings.



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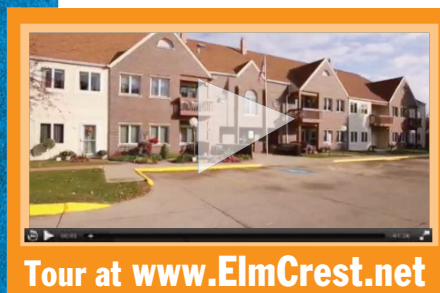
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